

a little cheese. You need to do this many, many days (possibly a month) until you feel better. If you need a potent medicine, please use the sesame seed, green tea, and milk cooked recipes with this, but please only use a little. The goal is to get the food out of you. Caffeine and drug detoxification can be hard. I get headaches, body cramps, nausea, pimples and a just plain crummy feeling. Anytime I change recipes, I take large doses of the 1 best method at first to acclimate myself. I hate going from a strong green tea to a less strong green tea. Even though I am a coffee drinker, I refrain from too much coffee as it is hard to clean out the excess if you are pouring it back in. Oil must be added because this drug feels like a runaway freight train (feels like an overdose that won't stop) if you choose not to add it. This is a seed. It is always a seed. When you add milk, and caffeine you get a drug that should have oil to stop that issue. Eat 1 tsp of oil per day.

All the Recipes should be removed from your body when you quit taking these medicines. You must detoxify your cells. I do not want any of you getting out of balance. Use this above detoxification recipe.

Never assume this is just a food and just because it looks like Betty Crocker made it and missed the real benefits and actual recipes. It is very potent. I simply ingest them and it can takes days to get the full drug effect you need. This seed and this recipe will reprogram your cells, it will purge the bad foods and toxins out and it will make you emotionally and mentally stable within days. You may give people or children food. One issue is food is legal. Cooking is legal but making full scale drugs with seeds and seed derivatives and caffeine and milk and making it a potent "knock you on your butt" drug is not. We must now make this legal. The seed can be used as a food. The law says this is all cooking food. Possibly, two times or up to 6 times cooking it all the way (with increased caffeine and seeds) makes it a drug. Let us now look at the food as a drug. You cannot assume this is a food that does not have drug like qualities. Caffeine in chocolate can make these seeds so potent that a person or child can be affected. Caffeine is not needed. Caffeinated drinks can cause the same problems. I combine it for children and adults. I will make perfect potencies for all of us. PLEASE do not think these are simple food recipes. They are very potent and you now have a sample list of symptoms this food works on. It works on many symptoms and illnesses. I don't have a bad cholesterol issue. I can claim it removes bad cholesterol. The reason is seed helps to eliminate cholesterol problems. Therefore each ingredient contains it's already approved healing attributes. I can claim those healing attributes simply by using each ingredient for that healing attribute legally.

If you drink coffee or tea or another steady caffeine drink or you consume caffeine in quantities in any way this warning must be understood: You may need to decrease your caffeine drinking or consumption daily if you have a strong caffeine in your Best method. I cannot drink heavy amounts of coffee (or I get too imbalanced, too high, too off) if I use 3 tablespoons of sesame seeds or more and 3/4ths tablespoons of green tea or more in my 1 best method or my favorite best method.) I have to only have 2 cups of coffee in the morning and maybe one at night. I get too "off" if I consume more. I just don't need it. The benefit to using this amount of caffeine is I almost always wake up almost perfect. With a less potent dose, it takes a few more cups of coffee to medicate me properly.

Warning: These medicines or foods look like just food. It will deceive you if you think it is just food. Every time I changed recipes and sample a new best method or simply start taking a new one, I must take the cups per day (especially when I add oils) then reduce it to get my mind and body acclimated. The warning is: For the entire time I am eating

more than a tablespoon per day I am experiencing more than usual psychosis or the thoughts that this medicine does not work. It is a very hard time for me. The new food/medicine must have time to change you. It literally reprograms and changes your cells. You are literally removing the embodiments of one medicine or food that you have been eating (Like long named ingredients in your foods that you buy normally) and replacing the cells with a drug made from a mix of certain foods that creates a certain chemistry in your body. Imagine a strong hard rice pellet with green plants, a medicinal milk, a potent green tea and a powerful narcotic effect seed plummeting through your cells pushing out toxins, sedating you and then settling inside your cells at a certain wonderful mixture. Once the food or medicine is no longer in large quantities, you will find it wonderful. Many drugs on the market have this problem. It will be on the warning label of my new food medicines. So, the warning is "This will cause psychosis or pains or little irritations mentally until we get this best method in you as a normal operating medicine." Warning: I changed coffee. This greatly affected my drug. I was having an imbalance. I had gone to a discount store and bought bags of Columbian and bed and breakfast and since they both looked very strong, I mixed them. I was using 1/4 cup in my coffee pot per pot. It is too strong. I am now using 1/2 to 3/4ths of 1/4th cup of that same mix to make a pot of coffee. It makes a difference when I use 3 not ground tablespoons of sesame seeds and 2 Tablespoons Stash green tea in my favorite best methods. I have to not have extremely strong caffeine since I am a coffee addict. Just make sure you can lower your caffeine intake. An addict has a coffee mug in hand. It causes an imbalance. I take the coffee pot (after my husband makes coffee) and dilute it by 50% with water. You should lower your daily dose of caffeine and regulate it. Use it as a tool 1. To help you increase potency and 2. Add milk to it to increase potency and 3. Don't drink too much or you get imbalances 4. To get you regulated on the existing medicine in your body like in the morning 1-2 cups of coffee make your medicine regulated.

This drug is a basic food. I have made a version of all the interchangeable recipes that works best for my personal illnesses. You will notice a unique characteristic: When you eat cups at first then reduce the dose to a tablespoon or more or less, you will notice the drug is stronger after you lower the dose as directed in the best methods. If the drug is too strong for you, lower the sesame seed and caffeine amounts in a 1 best method and start over with cups per day to purge the old medicine out and place in the new medicine or detoxify completely and start over with a lower dose of sesame seed and caffeine in your new 1 best method.

Although I have almost perfect focus on the 1 best method, I do not have perfect reading on the 1 best method. My focus is so perfect, it is hard to read fluidly. My other symptoms disappear or are greatly reduced by this combination (except for memory issues) on the #1 best method and many of the 2 ingredient (such as seaweed and lots of milk cooked) or 3 ingredients (such as sesame seed, lots of milk and caffeine cooked or seaweed, green tea, and lots of milk cooked) or less than 8 ingredient recipes (such as cooked fir bark water, milk, caffeine and evaporated milk). The absolute "most of the other benefits" far outweigh the slight problems I have in my typing or reading. I use this combination to live my life as a normal individual that allows me to live with very few side effects and as a best method for this patent pending. The problem with stating a best method is they all are great for multiple benefits.